



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 15049, Fish, mackerel, king, raw

Report Date: June 25, 2017 19:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	75.85	--	0.456	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	439	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	20.28	--	0.786	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	2.00	--	0.188	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.28	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
<strong>Minerals</strong>													
Calcium, Ca	mg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	1.78	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	435	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.56	106	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.026	107	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Thiamin	mg	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.476	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	8.590	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.839	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	15.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	218	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	218	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	727	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Lipids</b>													
Fatty acids, total saturated	g	0.363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.242	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.764	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.118	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.460	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.177	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.227	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.889	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.935	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.648	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.863	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.792	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.685	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.214	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.597	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.227	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Glycine	g	0.974	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	09/1987
Proline	g	0.717	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	09/1987
Serine	g	0.827	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	09/1987
<b>Other</b>													